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NEWS

Тор 3

The best of Metro.us

- 1'Black not fetch enough for Woody's?'
- 2'Rival Sons' quest for honesty'
- 3'I tried SoulCycle and it made me question my humanity'



Get the latest

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NYC Mammas Give Back helps mothers in need

Giving back. New York mothers know how hard it is to raise kids on a budget.

Last fall, Shana Rubin saw a pregnant mother living on the street. She knew she had to help.

"I had a visceral reaction to help her, knowing how difficult it was being pregnant and growing another human inside of myself," Rubin, who has an infant of her own, told Metro on Mother's Day. "I couldn't imagine someone else living on the street and not having any resources."

Six months later, NYC Mammas Give Back has about 15 volunteers, all of whom are mothers. The group is 501c3 pending, and provides quality, donated items to at-risk and homeless mothers in New York City.

Rubin, who is a psychotherapist, used her own experience working in the shelter system to help identify what new mothers really need.

"One of the reasons why we've established such strong connections is because of the quality of items that are delivered. We check everything. We organize everything by gender, size, feeding supplies, and deliver it," Rubin said.

On Mother's Day, city buses, subways and streets



By the numbers

Last week, Mayor Bill de Blasio committed \$22 billion of his \$83.8 executive budget to his "One New York" plan for helping New Yorkers get out of poverty.

- An estimated 2 million New Yorkers live in poverty.
- Numbers released last

month show 18.3 percent of New York Country lives in poverty, and 30.7 percent of Bronx County, 23.7 percent of Kings County, 15.8 percent of Queens County and 12.1 percent of Richmond County.

• Both the state and national poverty rate are 15.9 percent.

Quoted

"I realized there was a gap [in services] by just how many resources we received in a day. And now some of the agencies are sending people directly to us."

Rubir

filled with women in their extra-extra Sunday best, carrying bouquets of cut flowers wrapped in paper and cellophane that could be bought at nearly every corner for the occasion.

On the Lower East Side, Yenny Eng, 36, bounced her 5-month-old baby Annette on her knee.

Eng, who said she previously worked at the 9/11 Museum, left her job to have Annette, and said she's planning to be a stayathome mom for the near future so she can breastfeed.

"I don't want to miss a moment, the crawling or the talking," said Eng, who is originally from Indone-

Eng said she and her husband Kevin are currently living off of their savings, and rely on Medicaid to pay for medical bills. The new parents divide their time caring for Annette, whom Eng says is a curious baby who requires their undivided attention.

Eng credits classes at Henry Street Settlement's Parent Center with helping connect her with supportive mothers. With Annette growing 10 pounds over the past five months, Eng's grateful for baby clothes she's received from NYC Mammas Give Back.

"She's growing so quickly," Eng said. "Boy clothes, girl clothes, I'll take whatever I can get."



WENDY JOAN
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Wendv.Biddlecombe@metro.us

First-world probs. Hamptons up in arms over curbs to choppers

This truly gives the average New Yorker a glimpse into the trials of life in the Hamptons.

Residents there are upset, the New York Post writes, because of a new local restriction on how often they can fly their helicopters — and where they can land them.

After noise complaints from neighbors, the owners of private helicopters

(including Goldman Sachs head Lloyd Blankfein, billionaire Ira Rennert and Jets owner Woody Johnson), will be restricted piust one round-trip landing per week at East Hampton Airport.

A local group, the Quiet Skies Coalition, has been lobbying for this for three years.

"It will be like 'Apocalypse Now,'" one

Quoted

"But it's not the end of the world. Seaplanes can still land ..." A resident

Hamptonite told the Post. "But it's not the end of the world. Seaplanes can still land in East Hampton. Everybody will be taken care of. It's rich people's problems." NIDHI PRAKASH

Crime

Two shot, one killed early Sunday

Two men were shot — one fatally — early Sunday at an Inwood nightclub.

Officers responded to a call of two men shot around 4:14 a.m. at Tette NYC nightclub at 154 Post Avenue. Ernesto Santiago, 33, of the Bronx, was shorn the chest, and was pronounced dead on arrival at Montefiore Hospital.



A 31-year-old man was shot in the groin, and is in stable condition at St. Barnabas Hospital.

No arrests have been made, and the investigation continues. **METRO**

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Cycling. New York bikes to work: 55,656 miles and counting

As the weather warms up, New Yorkers are taking to the streets on their bicycles — especially those signed up for the bike-towork challenge.

Just over a week into the citywide challenge, run by the advocacy group Transportation Alternatives to mark National Bike Month, New Yorkers have burned nearly 3 million calories and crisscrossed the city to add up more than 55,000 miles of bike riding to and from work. At the end of the three weeks, the companies with the most participation will be acknowledged and participants can win prizes. It's also not too late to sign up. NIDHI PRAKASH

By the numbers

The stats so far:

- As of Sunday night, 1,585 New Yorkers have logged trips from 531 workplaces. That's a total of 2,727,154 calories burned and 55,656 miles in just 10 days.
- The competition runs until May 22, and so far the doctors, nurses and medical staff seem to be taking their own advice about

healthy living — Memorial Sloan Kettering Cancer Center, New York Presbyterian and NYU Langone Medical Center are in the top five, along with MTA

workers and Con Edison.

- The Memorial Sloan Kettering riders have racked up 1,470 miles across the city so far.
- SLO Architecture has 120 miles between two riders

Eat your heart out, Queens. No, really

Good eats.

Brooklyn's iconic Smorgasburg expands to Queens this summer.

Smorgasburg is opening a new market in Queens this summer — and plans to encourage a distinctly Queens flavor in their new spot.

Brooklyn's trendiest food market will open its newest location in Long Island City, in a 7,500-square-foot space with more indoor space to boot, according to a report in Gothamist.

"Doing a Smorgasburg about Queens reminds us of the moment before we started the Flea in 2007, with all the discovery, excitement [ours and pro-



spective vendors], and new tastes and faces from destination restaurants to entrepreneurial startups," Brooklyn Flea co-founder Eric Demby told Gothamist.

Beginning July 11, Queens locals can browse the market every Saturday from 11 a.m. to 6 p.m. The offerings will include Woodside staple Papa's Kitchen, Plant Love House from Elmhurst, Silk Cakes, and Mexican food flavors from La Esquina del Camaron, along with a famed street vendor from Jackson Heights known for hot arepas.

Gothamist also reported that Smorgasburg will have a temporary residency at Coney Island and outposts at Central Park and the South Street Seaport at the end of July.

NIDHI PRAKASH @MetroNewYork









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Uber for kids? New service coming to NYC

Transportation. HopSkipDrive is set to launch this

summer.

Parents struggling to run their kids between afterschool activities in the city may soon have a new option: a service a bit like Uber for kids.

HopSkipDrive is a service founded by three moms, which first launched in Los Angeles in March. The company has plans to be up and running in New York City this summer, though there is no set date.

Janelle McGlothlin, one of the three moms who

founded the company, has three kids — Gus, 8, Mattie, 5, and Ellie, 3 — and knows perfectly well what it's like to manage a complicated calendar every week. Between the three kids, there's karate, gymnastics, dance and, of course, school.

McGlothlin's cofounders, Carolyn Yashari Becher and Joanna McFarland, have equally busy lives.

The company said they thoroughly vet the drivers they choose via background checks and by requiring over five years of child care experience.

Unfortunately, prices for the trips in New York are not yet clear — this may be a luxury accessible

Quoted

"This service has been a game changer, life changer for me. I use it every day to shuttle my kids ages 11 and 14."

An L.A. mom, on the company's Facebook page

only to the upwardly mobile mom or dad.

But overscheduled parents around the city will surely be curious to see if it can make life just that little bit less hectic.

NIDHI PRAKASH

@MetroNewYork



Celebrating Japan's culture in Central Park

Central Park set the stage Sunday for Japan Day, an annual springtime event that celebrates Japanese culture with New Yorkers. Guests enjoyed Japanese cuisine as well as contemporary performances.

MILES DIXON METRO

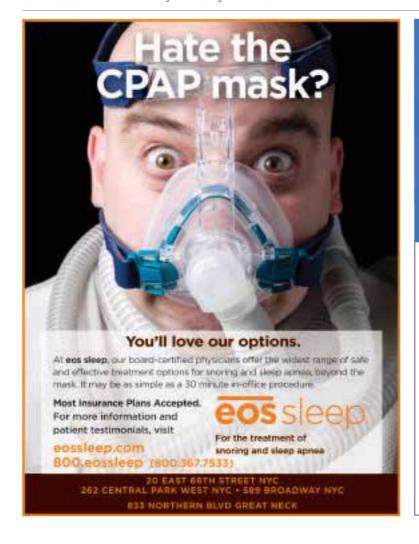
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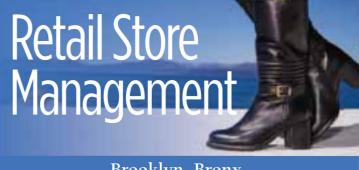
Judge declares mistrial in Etan Patz murder case

A judge declared a mistrial on Friday in the marathon trial of Pedro Hernandez, who had confessed to killing Etan Patz, the New York City boy whose 1979 disappearance raised awareness of the plight of missing and abducted children and their families.

The decision came after the jury, in its 18th day of deliberations, told the judge for a third time that it was unable to reach a unanimous verdict. Eleven jury members were in favor of conviction, jurors said at a media briefing. Only one held out for acquittal.

Assistant District Attorney Joan Illuzzi-Orbon requested a second trial for Hernandez. REUTERS





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Mary T. Bassett, MD, MPH

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Monday, May 11, 2015

NEWS 8





Oil leaked into river after fire at nuclear reactor in NY

Incident. The transformer explosion and fire at the nuclear power reactor was quickly put out.

Oil leaked into the Hudson River on Sunday after a transformer fire and explosion a day earlier at the Indian Point nuclear power plant north of New York City, and Governor Andrew Cuomo said he was concerned about environmental damage.

Cuomo visited the plant for a briefing on Sunday. The governor, who in the past has called for the plant to be shut down because of its proximity to densely populated New York City, also visited the plant on Saturday.

When the transformer exploded, it released oil into a holding tank, which then overflowed, sending oil onto the ground and into the river, Cuomo told reporters on Sunday after he was briefed by emergency and plant officials.

He said crews were working to contain and clean up the oil spill but it was not clear yet how much oil had been released.

"If you are on site, you see an oil sheen all over the area where the transformer went on fire, and it was a significant area that was covered by oil, foam and water," Cuomo said.

The fire triggered the closure of the plant's Unit



3 reactor, while the other Unit 2 reactor continued to operate.

Entergy Corp., which runs the facility and is one of the largest U.S. nuclear power operators, said the plant was stable and there was no danger to the public or to employees.

"The transformer fire in and of itself was not dangerous," Cuomo said.

But the fear is always that one situation is going to trigger another. If something goes wrong here, it goes very wrong for a lot of people."

Cuomo said emergency crews thought the fire was out but it reignited and had to be extinguished again.

The transformers are located around 300-400 feet away from the reactor.

The plant, which dates back to the 1960s, has around 1,000 employees.

It is one of 99 nuclear power plants licensed to operate in the United States and which generate about 20 percent of U.S. electricity use, according to the Nuclear Regulatory Commission's website.

9

Weather mix. Hail, snow, tornado and a tropical storm hit US



Hail, snow, a tornado and a tropical storm made it a "severe weather" Mother's Day in much of the center of the United States and on the Carolina coast on Sunday.

Tropical Storm Ana, the first named storm of the 2015 Atlantic hurricane season, weakened after making landfall near Myrtle Beach, South Carolina, but high surf and flooding still threatened the coast.

In eastern South
Dakota, officials were
evacuating residents of
Delmont, population
234, after a tornado
touched down at 10:50
a.m., causing minor
injuries to a few people,
demolishing a Lutheran
church and damaging 20
buildings.

David Mathews, 70, owner of the Old Bank Mini-Mart in Delmont, said the storm hit incredibly fast.

"We were in our house and knew something was going on and getting ready to go to the basement, then it was over," Mathews said.

"We just built a brand-new fire hall and it was destroyed. Also a row of houses near the fire hall. The Lutheran church was destroyed, it's all in rubble," he told Reuters as he moved ice cream in an effort to keep it from melting.

Meanwhile, officials issued "no travel" advisories for western South Dakota, which was blan-

South Dakota

"It's a voluntary evacuation, there's no water, no heat, no electricity."

Tony Mangan, public information officer for the South Dakota Department of Public Safety

keted in snow and under a blizzard warning.

In early afternoon, severe thunderstorms moved over Sioux Falls, hail fell in Texas and Arkansas, and tornado watches were in effect in parts of Oklahoma, Arkansas and Texas.

The Miami-based National Hurricane Center said that Ana was delivering maximum sustained wind of 35 miles per hour, and at 2 p.m. EDT was barely of tropical storm intensity.

The storm was moving very slowly north near the South Carolina-North Carolina border and could bring 1 to 3 inches of rainfall to the Carolina coast.

Ana was expected to remain over land at least through Sunday night, sapping more strength from the system and reducing it to the category of tropical depression later.

Ana marks the earliest appearance of a named storm in the Atlantic since a previous incarnation of Subtropical Storm Ana on April 20, 2003. REUTERS

Landslides feared

Typhoon lashes northeast Philippines

Typhoon Noul crashed ashore on the northeastern tip of the Philippines on Sunday, as officials warned of landslides and called on residents along the coast to evacuate to safer ground.

The category 5 storm made landfall in the

rice-producing province of Cagayan about 250 miles north of the capital, Manila, the weather bureau said.

Power was cut in
Tuguegarao City, the capital
of the province of around
a million inhabitants. The
typhoon is expected to
move northwest and head
toward southern Japan on
Tuesday

"We strongly advise

Wind speed

115

The category 5 storm packed winds of up to 115 mph near the centre.

preemptive evacuation while we still have time, and we expect there will be a confluence of events — a high tide, heavy rainfall in the mountains, the possibility of a storm surge and strong winds," Alexander Pama, head of the national disaster agency, told a news briefing before the typhoon hit land.

The typhoon was expected to trigger landslides and flash floods in parts of the Cagayan Valley, the weather bureau said, adding that heavy to intense rainfall was likely. REUTERS



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Four things you

need to know

GOP candidate Ben Carson takes biblical approach to taxes

PHOTOS OF ACTUAL

Republican presidential candidate Ben Carson said on Sunday his proposed flat-tax plan of about 10 percent was inspired by the biblical practice of tithing.

"You make \$10 billion a year, you pay a billion; you make \$10 year, you pay one. That's pretty damn fair if you ask me," Carson said on "Fox News Sunday."

Carson, a former neurosurgeon who announced his presidential campaign last week, has cast himself as a non-politician and

a problem-solver in an attempt to set himself apart from the Republican field.

He is a long shot in the race, but his idea of a single, proportional tax may resonate with conservative evangelical Christians who believe in tithes and with Americans frustrated by a complicated tax system.

REUTERS

CARSON

Tornado kills one in N. Texas

A tornado killed one person in a rural part of north Texas on Saturday and destroyed at least two houses, a local

emergency official said. The twister touched down about 5 miles south of the town of Cis co, an area of farms and small ranches, where it traveled in a straight line and tore through several houses in its path, said Eastland County Judge Rex Fields, the local emergency management coordinator.

One person was killed by the twister, Fields said. He could not immediately provide more information on the victim. REUTERS

Typhoon lashes Philippines; landslides feared

Typhoon Noul crashed ashore on the northeastern tip of the Philippines on Sunday, as officials warned of landslides and called on residents along the coast to evacuate to safer ground.

The category five storm packed winds of up to 115 mph near the center, with gusts of up to nearly 140 mph. It made landfall in the rice-producing province of Cagayan about 250 miles north of the capital, Manila, the weather bureau said.

Man, woman charged with murdering two cops in Mississippi

A man and woman in Mississippi were arrested and charged with murder on Sunday after two police officers were shot dead a day earlier while conducting a routine traffic stop in Hattiesburg, officials said.

Authorities had launched a manhunt after at least one suspect fled the scene of the shooting in a police car later found abandoned.

Marvin Banks, 29, and Joanie Calloway, 22, were each charged with two counts of capital murder, police said. REUTERS



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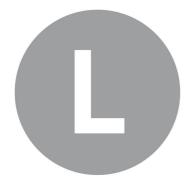


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Call 511 and say "Current Service Status," look for informational posters in stations, or visit **mta.info** where you can access the latest Planned Service Changes information, use TripPlanner⁺, and sign up for free email and text alerts.

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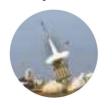
metr⊕

TOM **FORFMAN**

TOM FOREMAN PREDICTS THIS WEEK IN POLITICS. HE IS A CNN CORRESPONDENT AND AUTHOR OF THE UPCOMING BOOK "MY YEAR OF RUNNING DANGEROUSLY: A DAD, A DAUGHTER, AND A RIDICULOUS PLAN.



After all the excitement of the British elections (and a polling meltdown) all eyes will turn back to domestic matters on the political front this week. Here are three things to watch.



1. President Obama will be chatting it up with leaders from the Middle East about missile defense.

The White House could wind up pushing out news about more support, more intelligence sharing and more weapons sales depending on how it goes. The goal? Quieting fears that his Iran deal will eventually wind up with that Shiite nation holding nukes anyway while the neighbors get nervous.



2. Expect naysayers to keep piling the dirt on Chris Christie's presidential dreams this week

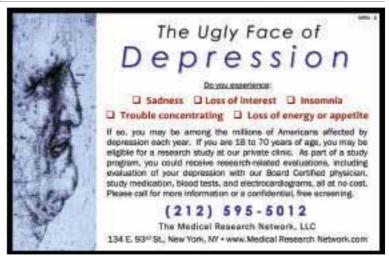
The New Jersey governor continues to be hammered over Bridgegate, and now over a legal challenge to a law he championed to reform his state's pension plan. Dems, who once feared him as a formidable threat to Hillary Clinton, clearly hope this finishes him off so they can focus on more entertaining foes like Donald Trump.



3. OK, we are not the Brits. We're not really even very much like them.

We eat cookies, they eat biscuits. We drive trucks, they drive lorries. Heck, we even fought a war to break free of their tea-sipping shenanigans. Nonetheless, after the Conservatives there beat the royal pudding out of all opponents in the election, you can bet your Burberry that Repubs here will be citing that victory as a harbinger of things to come in 2016. Cue the "Braveheart" music as Dems ride around the Capitol howling "They'll never take our freedom!"





Painful Varicose Veins & Swollen Legs?



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www.metro.us
Monday, May 11, 2015

NEWS 14

Now Darth Vader's even scarier

Sculpture

'Star Wars' bust made of bugs

What's more terrifying than Darth Vader's iconic mask? One that's entirely made of creepylooking bugs. Klaus Enrique, a Mexican artist based in New York, spent four months carefully arranging 150 dead butterflies, spiders and millipedes to create a one-of-a-kind bust of the "Star Wars" villain that'll be sure to make your skin crawl. METRO WORLD NEWS

Q&A

Klaus Enrique, Mexican artist based in NYC

Why did you use insects to re-create the iconic mask of Darth Vader?

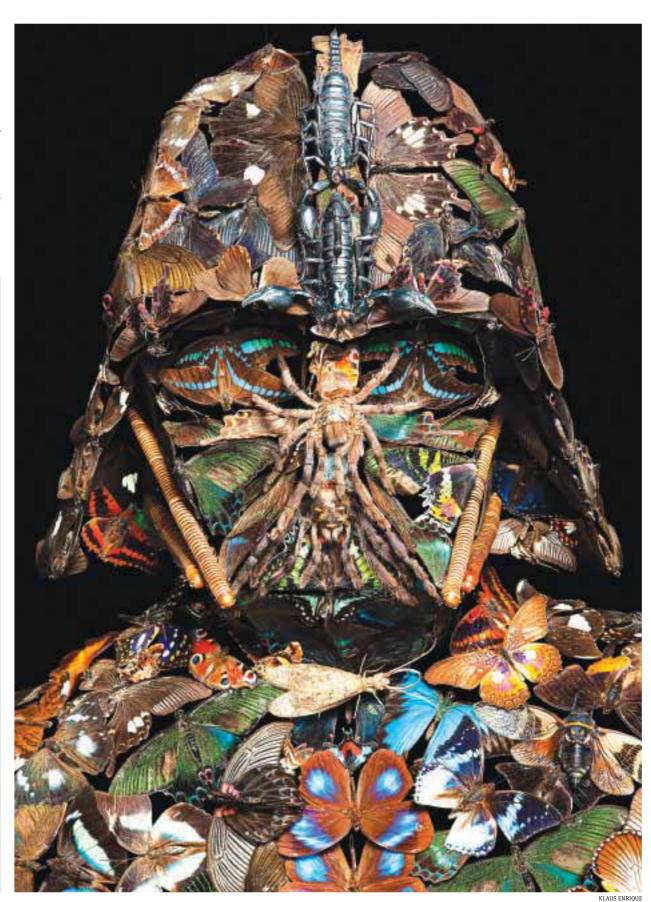
It was the shape of a spread-out tarantula and its resemblance to the central part of Darth Vader's mask that inspired me to create it. All the insects that I used for the mask were collection specimens, and they were all already dead.

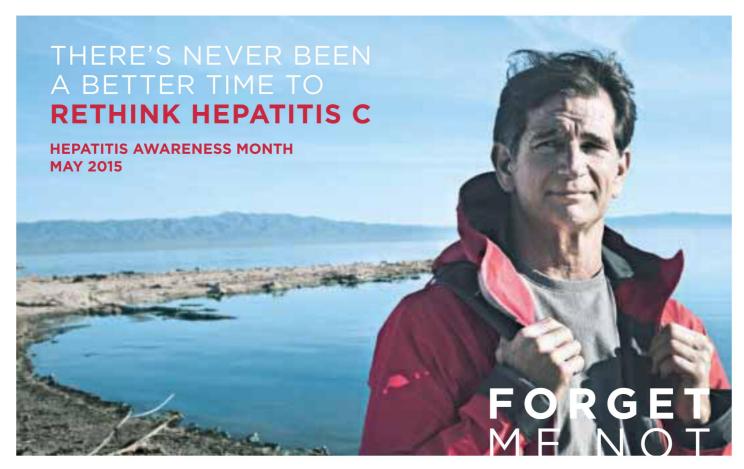
Are you fan of "Star Wars"?

I most definitely am, especially the earlier trilogy, which I grew up with.

What was the creative process?

In this case, I started by sculpting a plasticine bust in the shape of Darth Vader, which I then painted black. I then proceeded to humidify the butterflies, a few at a time, and attach them to the bust with small paper strips and pins. Once they were dried in position, I would remove the paper and pins, and I would start with a new batch of butterflies. The whole process took about four months. mwn





HEPATITIS C: A FORGOTTEN DISEASE

Hepatitis C is a silent epidemic that affects over 3 million people in the U.S. But because the disease is slow moving and symptoms may not appear for years or even decades, chronic hepatitis C (Hep C) is often pushed to the back of the mind, or forgotten.

But here's something that shouldn't be forgotten—Hep C is a serious disease. If left untreated, it can lead to liver damage and potentially liver cancer.

HEPATITIS C: THE FORGOTTEN FACTS

DID YOU KNOW...



Baby Boomers (people born between 1945-1965) are 5 times more likely to have Hep C



Hep C is the number one cause of liver cancer and liver transplants



Up to 75% of people with Hep C are unaware that their livers are slowly being damaged

HEP C CAN BE CURED

You may have had many reasons to put off thinking about your Hep C. The good news is that Hep C hasn't been forgotten. In fact, there's never been a better time to rethink Hep C because in the last few years scientific advances have made treatment shorter and more effective than previously. Cure means the virus is not detected in the blood when measured 3 months after treatment is completed.

If you or someone you know want to learn more about treatment options, talk to a Hep C specialist and get the facts. Hepatitis Awareness Month: It's time to rethink Hep C.



Visit HepcHope.com/HepAwarenessMonth and talk to a Hep C Educator at 844-4-HEPCHOPE who can help answer your questions and work with you to create a personalized plan to prepare you for a conversation with your Hep C specialist.

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Victoria Beckham is a great hotel guest, OK?

Victoria Beckham is striking back against a Page Six report that she is the "worst hotel guest ever," insisting she's totally reasonable, man. Among her rumored demands? Insisting that every time she leave her hotel room the maids change the sheets, replace the towels and thoroughly clean the place. (Does that include if she forgets her sunscreen and has to duck back upstairs? Because that sounds exhausting.) The report also claims that when displeased with the level of service, she can complain long and loud enough for management to comp her entire stay, as reportedly happened two years ago at the Meadowood Napa Valley resort. Beckham's rep, though, calls the report "an utter lie," according to E! News. Lawyers are looking into it." OK, but if it is true, would she be willing to give some pointers as to exactly what one says to get comped? I'm, uh, asking for a friend.



James McAvoy goes full Xavier

James McAvoy made it through two outings as "X-Men" founder Charles Xavier without having to rock the superhero's signature bald head, but apparently he's put it off long enough. Director Bryan Singer posted a photo to Instagram of the actor just after having his head completely shaved. The upcoming film, "X-Men: Apocalypse," takes place

in 1983, roughly 11 years after the events of "X-Men: Days of Future Past," and it looks like that decade was particularly rough on Xavier's follicles, considering the last time we saw him he had long locks and a scruffy beard. But if you were told you were going to look like Patrick Stewart when you grew up, you'd probably be OK with losing your hair, too.

Marilyn Manson wants to get down with Madonna

Not-at-all-creepy '90s holdover Marilyn Manson wants the world to know that he's totally down for getting down with Madonna, which might be the least outrageous thing he's said. 'I'm kind of interested in this Madonna record,' he tells i-D magazine. "She looks hotter than ever. I'd also like to let it be known that I still have a

crush

on Ma-

donna

and I

would

definitely

fornicate

with her.

Good to know! And apparently word of his desires made its way to Madonna herself, who re-



WORD **Ned Ehrbar takes** on the world

NED EHRBAR

of gossip.



Joan Collins: Hollywood ageism isn't going away

Well, this is certainly sunny and delightful. Dame Joan Collins has some bad news for actresses as they get older — even just a little bit older. "It doesn't matter how much face work they have or how young they look," she tells Fox News. "Young men don't want to see 40-year-old women. .. They want to see Scarlett Johansson, however old she is, or a very young woman. That's the hard, cold facts, and any actress has to face that." For the record, Scarlett Johansson



is 30, so by Ms. Collins' calculations she only has about 10 years left of career stability. So enjoy it while you can, ScarJo. Joan Collins says the clock is ticking.

Daily video

Leslie Jones' inner white airl

"Saturday Night Live" star and future Ghostbuster Leslie Jones has a superpower, at least according to this new "SNL" digital short. She has a secret inner white girl that shows up in the form of a reasonable Reese Witherspoon in a pink dress when life gets tricky. Of course, that



does mean she looks like she's talking to herself like a crazy person, but maybe that's just the cost of valuable advice. Just don't make her wait.





ay, Sarah Sil is running out of Mindy Kaling do mind repeating h Katy Perry is bei cryptic, Kirstie A headache and Bill wants to see that bl

@SarahKSilverman I've reached a new l my life where I truly o much to say on a given comment ca

ndykaling guy thinks eve an is in love wi

Time, the ultimate truth

@kirstiealley Last night I discovered Patron tequila came in a coffee flavor...I discovered it three shots worth

@billyeichner Please note I only have sex with people with
Verified accounts. Thank you.



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- Free shuttle buses provide alternate service
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- 2. Between Stillwell Av and Prospect Park.
- *Note: 10:30 PM to 11:30 PM @ trains skip DeKalb Av in both directions.

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- Free shuttle buses operate between Atlantic Av-Barclays Ctr and Prospect Park, stopping at 7 Av.
- Transfer between free shuttle buses and trains at Atlantic Av-Barclays Ctr and Prospect Park.
- Consider using D or N trains to/from Coney Island.

Stay Informed

Call 511 and say "Current Service Status," look for informational posters in stations, or visit **mta.info** where you can access the latest Planned Service Changes information, use TripPlanner⁺, and sign up for free email and text alerts.



"Fraction Of An Inch" Success And Failure With Popular

Vital Information All Knee Arthritis Sufferers

By Matt Edgar-Health Writer
Manhattan - In just a moment
I'm going to tell you about a
very "candid" and somewhat
embarrassing moment I had
with a doctor.

A moment most doctors would not want you to know about.

As I reveal what happened in that moment - it will become clear to you not only why this doctor has so much success treating knee arthritis pain... but you will also discover a possible way to relieve some or all of your pain, too.

But before I tell you all that - let me ask you this: How would you like to finally have a real medical solution for your knee arthritis pain?

Not some scam sold on an infomercial or the internet. A real medical treatment that has already worked for countless people just like you and is covered by most insurance and medicare?

Can you imagine what it would feel like to be able to eliminate enough of your pain and stiffness so you can get out of bed without pain and go for walks and even do things like play golf or tennis?

How relieved would you be if you felt so much better that you no longer needed to go through total knee replacement surgery and all the grueling rehabilitation?

Sounds Too Good To Be True?

I'm glad we agree. It does sound too good to be true. That's because all patients react differently and get different results from *real medical treatments*.

That's also why no ethical doctor would promise or guarantee ANY results... for

ANY treatment. EVER.

In fact - if you do start hearing over-the-top, exaggerated claims like: "cure for knee arthritis" or "eliminates all pain" or "works for everyone" you should run like heck.

But the fact of the matter is: If you qualify for the treatment you are about to discover, there is a good chance you may be able to relieve some or much of your pain.

I know because thousands of knee arthritis sufferers... just like you... have already found the relief you are looking for.

And even better - this might work for you if your pain is new... or if you have advanced knee arthritis that has made it difficult to even walk.

Here's The Treatment And The Embarrassing Moment

The treatment is called viscosupplemtation. If you have not heard of this treatment - I will explain how it might help you in just a moment. If you have heard of it - or even had this treatment without good results - this information is a "must read."

Here is why: When you have arthritis, one of the things that happens is the lubricating fluid in your joints deceases. This causes joint surfaces to rub, then grind against each other which causes swelling and pain eventually eating way at the cartilage.

Researchers have developed a natural lubricating gel that can be placed in the arthritic knee joint - this cushions and coats the joint allowing it to glide more smoothly which often decreases pain. Sometimes dramatically. Treatment with this special lubricating gel is called *Viscosupplementation*.

Advanced Knee Arthritis Treatment Offers New Hope For Pain Sufferers In New York City



Nothing Spreads The Word Like Caring Doctors and Results - Knee arthritis sufferers have swarmed the OsteoRelief Center in Manhattan, NYC and Norhtern New j Jersey ever since word got out of their advanced medical procedure for knee arthritis

This all sounds great - in theory. But there is a BIG problem with this treatment.

Allow Me To Explain...

While doing research on this treatment, I traveled to a medical clinic in Northern N.J. right outside NYC (they now have clinics in mid town and downtown). This clinic had an excellent reputation and I got to speak not only with doctors but with several patients who ranted and raved about the results.

Many said they had tried countless other treatments in the past... including viscosupplementation... but nothing worked until they had viscosupplementation at *this* clinic.

I was skeptical, so I asked one of the doctors why. How could it be possible that the same treatment that did not work when done elsewhere... was getting results when done here?

His response was honest and a little shocking. And the bottom line was...

"All Doctors Are Human And Sometimes They Mess Up"

I discovered that this treatment must be VERY

PRECISE. In other words, the doctor must be very accurate and actually get the lubricating fluid precisely into the arthritic joint space - or the treatment will be rendered useless.

Many doctors do not want to admit it - but it is very easy to miss the joint space and alter the treatment results.

In fact, research shows that doctors doing these types of joint procedures without advanced imaging may miss the joint space as much as 30% of the time.

Technology To The Rescue

Thankfully technology is solving this problem. How? It's making doctors much more accurate and this treatment much more effective.

Advanced imaging is now available that allows doctors to actually see directly into the joint space and watch the treatment. Doctors can see, or check, if the lubricating fluid goes directly into the joint space - or misses.

The doctor knows if the applied treatment has been a success... or failure... INSTANTLY.

The Difference Between **Knee Arthritis Treatment?**

Should Know... That Might Be Keeping You In Pain

Here's something incredible: I step further to give their patients was able to watch many procedures actually being performed and I was shocked at how many times the doctor thought he had perfect placement... but the imaging proved him wrong.

I was amazed how only a fraction of an inch would make the difference between success and failure.

The best thing is: When the procedure was not perfect - because of the imaging - the doctor knew instantly and was able to make the slight change necessary and achieve the results they were looking for hitting the targeted painful knee joint.

"Double Confirmation" **For Best Results**

That's why the doctors at

the best. They do not just use one form of confirmation during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

It became clear to me that using this advanced imaging and "double confirmation" process just might be why the doctors at this medical clinic get results when others were not.

What Results Can Be Expected?

Like all medical treatments. the results vary and can not be predicted. But many knee arthritis sufferers get dramatic patients to either postpone knee who answers the phone, "I would replacement surgery for years... like a complimentary knee arthritis this clinic have taken it one giant or even permanently cancel it. screening.

Who Is This For?

This treatment is not for everyone - but if you qualify you may be able to relieve some or all of your pain. That's why OsteoRelief has a an innovation for you...

Your Invitation

OsteoRelief Centers offer a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center. If you would like a complimentary screening, just call 800-227-KNEE results. It is not uncommon for (5633) and tell the scheduling expert

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and there is no further obligation. The best thing about this screening for so many is being able to breathe a big sigh of relief because you finally have hope to relieve your pain and get your life back

Many of the treatments offered at OsteoRelief Institute are covered by many insurance plans and Medicare.

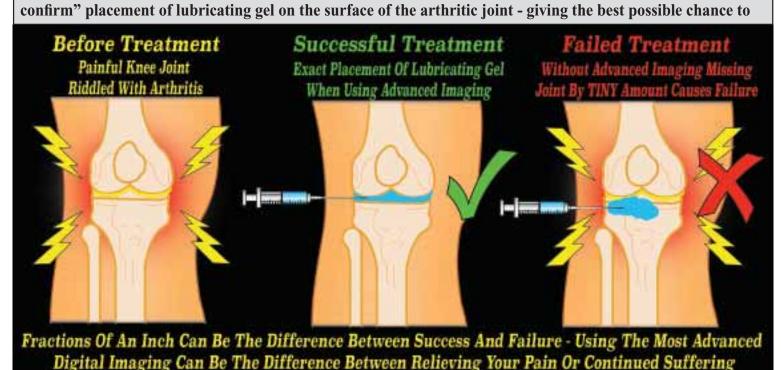
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Why A Fraction Of An Inch Can Be The Difference: Advanced imaging is used to "double



Jack Black and James Marsden go

types to me.

people who are

excited: "Wow,

you did it, that's so

One is the

Interview. The stars of "The D Train" talk fame.

In "The D Train," Jack Black plays Dan, a small towner whose attempts to lure the coolest guy in high school (James Marsden) to their 20-year reunion lead to a drunken one-night stand. In reality, Black and Marsden have their own reunion: In 1995, before either was known, they appeared in the same episode of 'Touched by an Angel." Not that they have many memories of it, which is probably for the best.

Did you two see each other since that episode?

Marsden: No, we did our best to forget the experience. We both had to be reminded that we shared the screen together.

The film satirizes how

James Marsden and Jack Black play fellow high school alumni who wind up doing more than reconnecting in "The D Train." / IFC FILMS

people react to those who've "made it.'

Marsden: I remember when reality shows started happening. One of my friends from high school was going off on how he met someone from some reality show. I guess nowadays they're the real celebrities; reality stars are the people who are on the cover of every magazine.

What have your interactions with people you went to high school with been like?

Marsden: There are two

out by you. "I don't even watch TV or movies. Who are you again?" Then you find out they're the ones that know the most about what you've done.

Black: You ever get this one? "I gotta be honest. I'm not a fan. That's the

kind of guy I am. I always tell the truth, and I'm not afraid to just be up front. I'm for real. I'm just going to stay here and be in your face for a while. So how's everything else going? No, because

we can be bros. In a way, we can be deeper bros than people who kiss your





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back to school

ass, right? Because you probably respect me more for that. Now we can be best friends."

There's a balance between your characters being funny and sympathetic.

Black: I hope we come off as sympathetic because the film is not really concerned with that in general. It's not like, "Oh man, we were really rooting for these guys to be the hero!" It's the opposite of that. It's more of a character study in desperation. It's really uncomfortable to watch a lot of the time. It's not trying to be, "Yeah, you just really fall in love with the guy, and you're really rooting for him!'

And this is an indie film, meaning you have to go indie to get those kinds of films now.

Black: What is an antihero movie now? Are there any real big-budget movies

and comedic acting. You

see it all the time. I don't

think De Niro is doing a dif-

ferent kind of acting when

where you're not going with the formulaic hero? I can't think of one.

Some comic book movies embrace darker characters.

Black: But they're always kickass and muscle-bound. They're unsympathetic in a cool way. That's different. That's not what I'm talking about.



MATT PRIGGE @mattprigge matt.prigge@metro.us

One more thing

Seriously funny

James, you tend to juggle drama with comedy, and Jack, you've played more restrained comedy recently, like this or "Bernie." Do you find a difference between serious and funny? Black: I don't think there's that big a jump between

really good dramatic acting

he's in "Meet the Parents" than what he's doing in any of his dramas. He's just being real. It's the script's job to make the situations funny

Marsden: The actors who get that you have to approach it in a serious,

sincere way — that's the comedy that ends up working. When you see Liam Neeson doing comedy, he's funny as hell.

Black: When you look at the greatest comedic performances of all time, I'm going to put Spicoli up in the top five. You don't think of Sean Penn as a comedic actor, but he f-ing crushed it.





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Dude Perfect You Tube

CORY COTTON

www.youtube.com/user/ corvcotton

Cory Cotton is one of the founders of YouTube channel Dude Perfect. Tune into Dude Perfect to amazing trick shots, sports parody videos and celebrity gues



Why it's important to have fun at work

Our most frequently sunburned Dude Perfect member, Garrett (the redhead), has inspired us to live by his motto: "If you ain't having fun, you ain't living." It's kind of a joke, but it's kind of not at the same time.

www.metro.us Monday, May 11, 2015

Our Dude Perfect brand is legitimately based on the idea of fun. In the entertainment world, that's not so surprising, but not everyone works in the entertainment world. No matter what your job looks like today, I'd like to quickly make the argument that fun should move up your priority list.

I'm personally not a brownbag-turkey-sandwich-forlunch-every-day kind of guy, but even if you are, I believe that too much structure and routine will eventually bore you into being a less effective employee, not to mention a lamer human. If we're not careful, our workday, and even our lives, can drift into a routine that sucks



the passion and excitement right out of us.

Fact: Every boss wants passionate employees. Why? It's because, as we say around here, "Passion positions excellence." When

you are passionate about something, you're willing to put in the extra work that it takes to become great at what you do. But maintaining that passion is tough when you're simply grinding out a routine.

I realize that you can't always change your workrelated tasks. You might not even be able to change your lunchtime. But what you can do is prioritize having fun whenever possible. Why? Fun is refreshing. And a refreshed employee is a more passionate employee.

I doubt I need to suggest ways for you to have fun in real life (also known as your not-at-work life), but in case you're worse off than I thought, try this: Play basketball. Go to a movie with your friends. Go on a weekend road trip. Watch

Visit Metro.us/blogs

"The Office," again.

Assuming you're past this level, however, I'll leave you with one of my favorite random "mix it up" fun things to do with your brown-bag lunch, even if you're stuck until tomorrow with that turkey sandwich. Someone once told me that if you sprinkle Splenda on a lemon, close your eyes and then bite into it, it will taste exactly like an orange. I thought that was the dumbest thing I'd ever heard, until I tried it.

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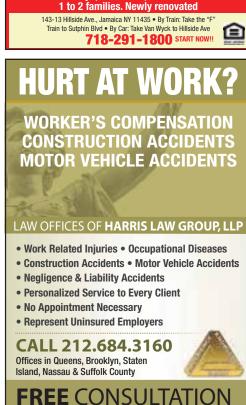


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Super entrepreneur Miki Agrawal divulges her five secrets to success.

DEVON DELFINO A metronewyork

Miki Agrawal is on a mission to change the world, again. The 36-year-old former soccer pro worked in finance and TV production before striking out on her own to launch WILD, a restaurant that specializes in healthy, farm-to-table pizzas. Since then, the serial entrepreneur has started a business aimed at removing the stigma of menstruation (THINX),

partnered with a children's media company (Super Sprowtz) and written a book called "Do Cool Sh*t," in which she dishes out quirky advice like, "Ask yourself WWMGD? (What would MacGyver do?)"

Agrawal tells us the five most important lessons she learned about starting her own businesses.

Know your financial situation

"You need a clear understanding of your personal finances, where your [financial] comfort zone is and where it starts to get a little uncomfortable. Generally, three to six months' savings allows you not to give

anything up."

Find your cause

"When coming up with your idea, ask yourself three questions: What sucks in my world? Does it suck for a lot of people? Can I be passionate about this topic for a really long time? For example, I started WILD because I kept coming home with stomach cramps every day, and I wanted to still be able to eat pizza and make it healthy.'

Eliminate negativity

"Anyone who makes you feel bad about your dreams or stifles you and doesn't make you

feel fully energized get rid of them. Once you do that, you can create room for the positive."

Do what you're best at and then find others to do the rest

"The biggest lesson I learned was to not do something you're not good at. I'm not a restaurant operator; I never will be. I tried to run WILD by myself for a number of years, and I was doing a bad job. But the minute I found the right operator, my current business partner, it turned around. It let me focus on the things I really love doing like marketing.'

Her latest project

Since WILD, Agrawal has launched THINX, an underwear company that aims to help women in the developing world on their periods. "Right now, over 100 million girls are missing school [because of their periods]," she

Be patient

So many people think that they're going to get rich in two or three says. "And no one talks about it because it's taboo." The team has developed multiple patents to create extra-absorbent panties that look and feel like regular underwear. "I'm actually wearing one right

now," says Agrawal. They seem to be working. "We've helped thousands of girls go back to school already, which is really, really

years [after starting a business]. It takes 10. If you're not prepared to put 10 years in, you're not going to succeed."

The one thing you need to network like a pro

Having a personal business card is still so critical, even if we do everything online.

Talentegg.com is a job board and online career resource for college students and recent graduates.

You might think that since our culture is so digitally minded, all you need is a LinkedIn profile, but a business card is still crucial when networking.

It makes you look more professional, not to mention prepared. After all, no one wants to be scurrying for a piece of paper or napkin to write down his or her info when meeting a new professional contact. And having your own personal card — even if it's not tied to your current workplace — can make you stand out even more.

But before you break out the Photoshop, here's everything you need to know about making and using — a professional calling card.

Keep it simple

The more straightforward and to the point, the better: name, email, phone number and title or field of interest. Skip the phone if you want, but add social media links if you feel they present you in a positive light.

Including your Linked-In profile and online portfolio or blog can be beneficial as well. Your



Etiquette

When someone hands you his or her business card, there are a few things to remember:

- Hand yours in return.
- Take a look at your new connection's card. Don't just throw it into your purse or pocket without acknowledging it.
- Jot down some notes on the card so you can remember who that person was and why you wanted to reach out. This is a great tip especially if you are meeting a lot of people in one day.
- Don't forget to follow up.

new acquaintance may want to learn more about you before reaching out, so give them a place to find that information.

DIY

Most online printers have premade templates you can choose from and easily populate with your own info. If you're looking for something more original, reach out to a designer or design them yourself — Google Images is a good source for inspiration. It's okay to invest some money, because even if your information changes, you can use the template for years.

Keep in mind that the design of your business card should reflect your industry. If you are in marketing, design or a



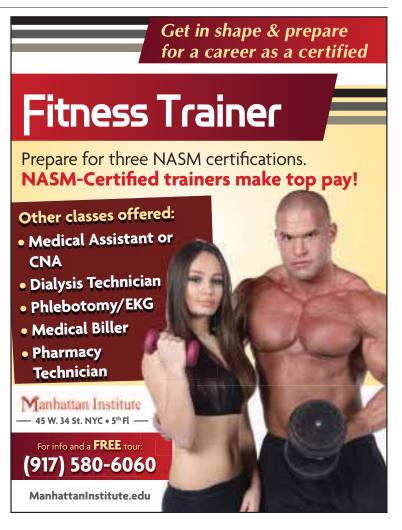
Having a personal business card makes networking so much easier. ISTOCK

creative field, you can be more adventurous with your design; if you're in finance, be slick and professional.

Keep some in your wallet at all times

Don't order a bunch of new business cards and then have them sit in your closet collecting dust. It's a good rule of thumb to permanently keep a few cards in each of your wallets or purses. This way, if an opportunity presents itself out of the blue for which you need a business card to give to someone, you won't be caught off guard.





5 new york Monday, May 11, 2015

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EDUCATION 26

Don't dawdle too long when writing your essay. ISTOCK

Stay positive

"Even if you are switching careers, and you hate your current job, you don't want to say that in your essay," Reding says. "Say what you've learned from your experience while keeping a positive, upbeat tone."

How to make your graduate admissions essay stand out

How to create a piece that's good until the last word

MOLLY CONGDON (A) metronewyork letters@metro.us

Thought your 40-page senior thesis on postcolonial literature was tough? Meet the graduate admissions essay. This 500-word statement of purpose holds the key to your future. It's also really hard to write. Not only do you need to cram a (quarter-) life's worth of info into such a tight space, you also need to dazzle the admissions board without sounding like you're bragging.

But don't freak out. We asked Colleen Reding — author of "Grad's Guide to Graduate Admissions Essays: Examples From Real Students Who Got Into Top Schools" — for her advice on penning the perfect essay. Here are the six things she says you need to land that spot at your top-choice program.

Follow the instructions

"This is something that people tend to forget,' Reding says. "There are lots of differences between personal state-ment and statements of purpose, not only in word limit but in what the school is looking for. Did they want you to say what you're interested in academically, or do they have it more openended so you can tell more about yourself? Even if you're applying to the same program

across different schools, make sure that you're giving each individual school what they want."

Demonstrate maturity

"Even if you're coming right out of undergrad and don't have any work experience, demonstrating that you have both academic and emotional maturity to go on with your studies is very important," Reding says. "It shows that you're not going through the motions."

Modesty is the best policy

"You want to show your positive qualities, but you also don't want to brag," Reding says. "It's a tricky balance to

maintain. Try and stay humble by recognizing that you want to go to a certain program to learn more and that you're open to these educational opportunities."

Have enthusiasm

"Conveying passion for what you want to study is key," Reding says. "I think that this is one of the tips that goes across the board: being excited about what you want to do. That way, admissions can see where you're coming from and where you want to go with it."

Don't procrastinate

"It is a really hard essay to write," Reding says. "Don't wait until the last minute to do it."

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Taurus | April 21-May 21 Make a point to become well informed about important matters. Take part in functions that will benefit you.

II Gemini | May 22-June 20 Romance is on the horizon. Stick to the truth, especially at work. If you embellish or fudge the facts, you will end up damaging your reputation.

Gancer | June 21-July 22 You cannot change the past, so don't look back. A positive outlook will generate beneficial results. Trust your intuition.

€ Leo | July 23-Aug. 22 Lady Luck is smiling on you, making new gains a possibility. Previous investments or long-term savings accounts will bring in cash.

M Virgo | Aug. 23-Sept. 22 You can move ahead, but do so slowly. Taking on too much too fast will end up causing problems. Attention to detail will give you the edge you need.

△ Libra | Sept. 23-Oct. 22 Tie up loose ends to get moving on something new. Keep your opinions to yourself. You won't make friends if you interfere.

M Scorpio | Oct. 23-Nov. 21 Don't let a recent setback deter you from forging ahead. Your hard work will pay off. Do at least one thing that makes you smile.

Sagittarius | Nov. 22-Dec. 21 Careful budgeting will help you move one step closer to a secure future. You will have a full agenda, so it's important to leave time for some fun.

Capricorn | Dec. 22-Jan. 20 Don't get upset if wellmeaning friends or relatives give you unwanted advice. Let them know that the final decision will be yours alone.

Aquarius | Jan. 21-Feb. 18 Read the fine print and make sure that you negotiate fairly. It will be difficult to move forward if someone is opposing you.

Pisces | Feb. 19-March 20 Avoid pessimism. Put past problems behind you. You have the strength to achieve your goals, so move forward.

Aries | March 21-April 20 You have a lot to offer, so don't be afraid to express your ideas. By sharing your charm, you will captivate everyone. Ask and you shall receive. EUGENIA LAST

Letters to the editor

Smoke, butts should be banned

I thought I'd share one of the days I'm really looking forward to: the day smoking in public is banned. I'm all for people putting whatever they want into their own bodies, as long as they can do so without affecting the lives of others around them. With all the other alternatives, I simply don't understand why somebody's consumption of nicotine should negatively affect my life, as it does every time I'm near somebody burning organic matter for their own pleasure. Also, I'm not sure why cigarettes butts are routinely given a free pass against the taboo of littering in public.

GEOFFREY PALMER, VIA EMAIL

Cop changes needed

Police brutality is a very popular and sensitive topic that we are hearing more and more about every day. Recent events have created a bad taste in the mouths of the community. The purpose of the police is to protect and serve the people by enforcing various laws. With the police, there seems to be a double standard: "You can kill me, but I can't kill you." Solutions for these problems have been suggested, but none of them have been put into effect. It is very hard for police to do their job, considering that using similar behavior can be part of their job. Changes need to be made in the justice system.

ANTONIO FLORES, VIA EMAIL

Sudoku: Easy and hard

			3	6		7	1	
		9	5			8		
2			4		9			
6			7		4			
	7	5		3		9	2	
			9		8			5
			2		5			3
		4			1	2		
	2	1		7	3			

2					5		3	8
	5	6		8			7	
1		4	3					
	3		7			2		
	6						1	
		2			3		5	
					1	7		9
	2			3		1	6	
6	1		9					3

How to play Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Crossword

Across

- 1 Baby goat
- 4 Kind of film 8 Relieved sigh
- 12 Lebowski's nickname
- 13 Melville opus
- 14 Sights for psychics
- 16 Remnant
- 17 Table nicety (2 wds.)
- 19 Gawked
- 21 Ocean dweller
- 22 Bug repellent 23 Waters in Paris
- 25 "Hud" Oscar-winner
- 27 Rental stables
- 31 Pizza eighths
- 35 Santa -- winds
- 36 Famed viol.

38 Newlywed's acquisition (hyph.)

- 39 Butterfly stage
- 41 boom
- 43 Airport exit 44 TV teaser
- 46 Inert gas
- 48 Ten-percenter
- 49 Venus' sister
- 51 Germane
- 53 Keep an eye on 55 — -eyed
- 56 Memsahib's nanny
- 59 Sugar Ray stats
- 61 Short on iron

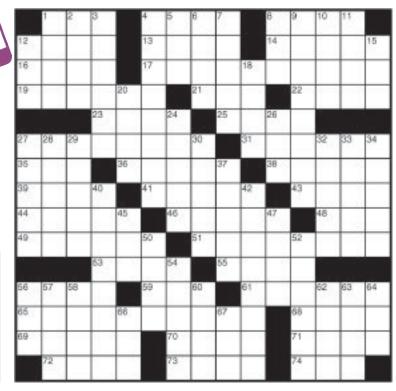
- 65 Gossip (2 wds.) 68 Frenzy
- 69 Boom-box issue
- 70 Podium feature
- 71 Fencing sword
- 72 Statistics
- 73 Zipped along
- 74 Summer hrs.

Down

- 1 Russell or Vonnegut
- 2 Glimmering
- 3 Longitude unit 4 Pipelines
- 5 Ms. Thurman 6 Easy stride
- 7 Remembrance
- 8 Stovetop item
- 9 Leaping over
- 10 Huron neighbor
- 12 Tooth pro's deg. 15 Mil. rank
- 18 French islands
- 20 What the walls have?
- 24 Office copier
- 26 Rope-a-dope boxer
- 27 Reindeer herders 28 Harden
- 29 Fog or steam
- 30 Not as wacky
- 32 Bow of the silents
- 33 Wolfed down

- 34 Cleaned house 37 Orders from the menu
- 40 February's stone
- 42 Nabbed
- 45 United
- 47 Flashy sign
- 50 "Lonely Boy" singer
- 52 Turned sharply
- 54 Campus buildings
- 56 "That Girl" girl
- 57 Kind of music
- 58 Vast region
- 60 Leave out
- 62 Explorer's sketches 63 Now − − it!
- 64 So-so mark
- 66 Legume 67 Just scrape by





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SPORTS Mets 7, Phillies 4

Mets win series

what the doctor or-dered this weekend, a three-game set against the lowly Phillies. And after a fense helped Bartolo Colon earn a 'W.' Back in the Bronx, Michael in a 6-2 Yankees win over the Orioles.

Rangers force Game 7

NHL. A barrage of goals, including two early strikes from Chris Kreider, lifted the Rangers over the Caps in Game 6.

The Rangers have never lost a Game 7 on home ice. Madison Square Garden will host another exciting Game 7 this week after the Rangers struck early, and often enough to beat the Capitals 4-3 and even their best-of-seven series at three games apiece Sunday.

A wild finish saw New York nearly squander a three-goal lead but cross the finish line with a victory - barely. The team killed a delay of game penalty and averted a disastrous 6-on-4 goal as the Caps relentlessly tried to tie things up.

And though Washington outshot the Blue Shirts by a staggering 45-28 mar-



Chris Kreider was the hero in Game 6, scoring twice in dramatic fashion in the big victory. $\!\!\!/$ GETTY IMAGES

gin, New York somehow was able to stay ahead on the only scoreboard that counts.

It was clear from the opening puck-drop that

the Rangers didn't want to play all of Game 6 thinking about their season being a loss away from ending. So just 40 seconds into the game, Chris Kreider found

The Rangers are no strangers to Game 7's, having played two in 2014.

- In the first round, New York beat Philadelphia at Madison Square Garden, remaining a perfect 6-0 in home Game 7's.
- The Rangers beat the Penguins in the second round, by the same score, 2-1 in Pittsburgh.

nylon, from Jesper Fast and Kevin Hayes. The score swung the momentum in New York's column early.

If the Rangers' first goal was unexpected, their second goal was a total shock. After a face off win with just seconds remaining, Kreider (he has five in the playoffs now) took a rebound and flipped it past Braden Holtby with just three tenths of a second

left to give New York a 2-0 lead after the first 20 min-

The Capitals made it a game again not far into the second, as Jason Chimera scored on passes from Joel Ward and Evgeny Kuznetsov just seconds into the frame.

The Rangers added two goals in the third, from Rick Nash and later Dan Boyle, who fired a slap shot towards the back of the net to put New York ahead 4-1.

But Kuznetsov squeezed one past Henrik Lundqvist after a mistake in transition to slice the lead to 4-2 and a few minutes later Joel Ward added another, making for a one-goal game once again.

The Rangers and Capitals will have an extra day off, with Game 7 to be played Wednesday, time and television coverage to be announced.



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STRAIGHT Talk



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NBA

NBA playoffs are heating up

The first two weeks of the 2015 NBA playoffs were decidedly "blah." Sweeps reigned supreme in the first round, with Washington, Cleveland and Golden State all only needing four games to advance. There was just one series that went the full seven (Clippers over Spurs) and there were two other series that took just five games. But now? Now is when you should start paying close, close attention.

A look at what's on tap

No. 1 Atlanta at No. 5 Washington (Game 4 Monday, 7 p.m., TNT)

We're far removed from 2008, but Paul Pierce is still doing his thing in May. Pierce banked in a 21-foot jumper at the buzzer Saturday night to dump the Hawks in Game 3. Pierce has had to up his scoring load with John Wall out, but the truth is that "The Truth" turned it on in the postseason before Wall got hurt. After a regular season that saw No. 34 regularly finish games without reaching double-digits in points, Pierce has reached 10-plus points in each of the Wizards' seven postseason games thus far, averaging 15.5 ppg.

No. 1 Golden State at No. 5 Memphis (Game 4 Monday, 9:30 p.m., TNT)

As we're seeing with Pierce in the Atlanta series, experience counts in the NBA postseason. It's why the Grizzlies have a surprising 2-1 lead over the Warriors - a young



it was destined for the Larry O'Brien Trophy just a week ago.

No. 3 Chicago at No. 2 Cleveland (Game 5

Tuesday, 7 p.m., TNT)
The Derrick Rose story is just too good not to root for right now. The injuryriddled Rose banked in the game-winner in Game 3 last Friday in a game that saw him score 30 points. Bulls head coach Tom Thibodeau isn't afraid to wear out what people predicted to be a rusty. Prior to LeBron James' stunning gamewinner in Game 4 Sunday Rose had netted 31 points in 41 minutes.

No. 3 LA Clippers at No. 2 Houston (Game 5 Tuesday, 9:30 p.m., TNT)

Dwight Howard can still change the outcome of a game positively for his own team. The quirky big man has been an absolute beast on the boards this postseason as he ripped down 26 in a Game 3 win over Dallas in the first round and had 16 rebounds in the Rockets' Game 2 over the Clippers this round. MATT BURKE

FANTASY FOOTBALL: SCOUTING THE 2015 NFL ROOKIE CLASS

Your dad would tell you not to draft rookie receivers in fantasy football. After all, only eight first-year wideouts from 1995-2014 went over 1,000 yards. But the times are changing. Last year, five of fantasy's top-25 receivers and three of the top-25 running backs were rookies. These are strong candidates to break into that echelon this year:

Flash Gordon

Not only did the Chargers use a first-round pick on Wisconsin RB Melvin Gordon, but they traded away a fourth- and fifth-round pick to get him. MG3's lack of experience in the pass game (both blocking and receiving) means Danny Woodhead will still have a major role on third downs, but it's clear who will lead the way on early downs. Gordon, whose incredible bursts led to 7.79 yards per carry in college, is a great bet for 250 carries. He's far ahead of Todd Gurley, who will be fighting an ACL tear, Tre Mason and the Rams' brutal schedule.

In Chip we trust

All the hype will go to Amari Cooper and Kevin White. Wiser owners will wait and pounce on less talented receivers in better situations: Nelson Agholor and Breshad Perriman. Agholor will step right into the Jeremy Maclin role that produced a career-outlier 85-1, 318-10 line last year. As an every-down player in Chip Kelly's space-creating scheme, the USC product will return mid-round value. Meanwhile, Perriman and his 4.26 speed will immediately fill





Torrey Smith's "X" role,

an ideal fit for Joe Flacco's big arm. Pass-happy Marc Trestman, now calling the plays in Baltimore, is the cherry on top.

Shanny signs off

Kyle Shanahan, now in charge of Atlanta's offense, is going to produce successful run games. We've seen it with Arian Foster, Alfred Morris and even Isaiah Crowell/ Terrance West at times last year. Tevin Coleman doesn't profile as a typical Shanny back because he

doesn't excel at beating contact and is more about long speed than one-cut grinding. But Shanahan obviously signed off on taking Coleman in the third round and will almost certainly install him ahead of change-of-pace/ third-down man Devonta Freeman. Coleman and new Jags feature back T.J. Yeldon both bring serious upside in Year 1.







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The stock of these players took it on the chin during

- Joique Bell, RB, Lions Athletic freak Ameer Abdullah is going to earn lots of reps quickly — more than Reggie Bush did.
- Jarvis Landry, WR, Dolphins — Landry's slot role is intact, but the Dolphins are loaded at wideout after taking DeVante Parker 14th.
- Donte Moncrief, WR. Colts — Any secondyear breakout thoughts were squashed when Rvan Grigson selected Phillip Dorsett 29th.

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 Purpose:
 Any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 1922-1924 Coney Island Ave., Brooklyn NY 11230, for on-premise consumption. Bordeaux LLC.

ITEMS WANTED

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NEWS @ 9:00

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